

PROPER HANDLING OF FOOD AND PERSONAL HYGIENE

The most common cause of food-borne illness is a result of poor personal hygiene and improper food handling.

Handwashing is the first step in preventing illness.

Proper handwashing includes:

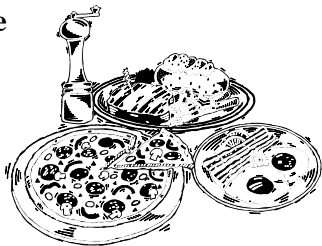
1. Using hot water and soap
2. Scrubbing for 20 seconds (sing the ABC's twice)
3. Drying hands with a disposable towel and turning off the faucet with the towel when you are finished.



The second step to prevent illness is proper handling of ready-to-eat foods. A ready-to-eat food is an item that is ready for service and no additional preparation is required, for example, a sandwich or ice. When handling these foods, in addition to washing your hands you must wear gloves; or use an alcohol based sanitizer; or use a clean, sanitized utensil.

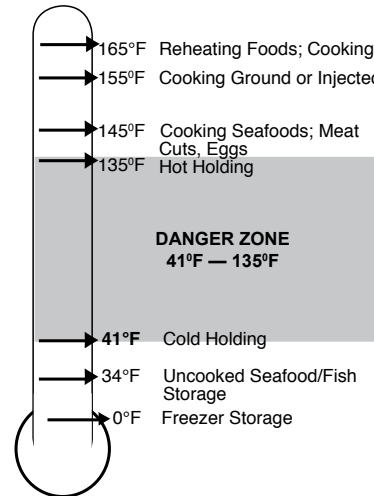
Good personal hygiene is the third step in preventing food-borne illness. Employees should take necessary steps to present a clean professional appearance and work to limit contamination of the food by their hair, hands, jewelry or clothes. Employees should eat, drink, and smoke in areas away from food service also.

Never should an employee go to work if they are experiencing diarrhea, are vomiting or have a sore throat with a fever. These are common symptoms of food-borne illness. The law requires that you inform your boss that you are ill.



TEMPERATURES and THE DANGER ZONE:

Temperature is used to control the levels of germ contamination in food products. Hot temperatures are used to kill germs and cold temperatures are used to prevent their growth. Potentially hazardous foods (PHFs) are foods usually high in protein content like meats, fish, poultry, dairy products, cooked vegetables and melons. PHFs should be stored and cooked at appropriate temperatures:



- 41°F or below for cold foods (raw fish/seafood at 34°F or below)
- 135°F or above for hot foods

The Danger Zone is the range of temperatures between 41°F and 135°F. Within this temperature range, germs reproduce quickly. Foods should be passed through the danger zone as quickly as possible by using proper techniques during their preparation.

Defrosting:

- Plan ahead. Using the refrigerator is the best method. Food should be placed on the bottom shelf to prevent cross contamination of other foods, or
- Submerge food under cold running water in a clean unstopped sink.
- A microwave may be used if you cook and serve immediately.

Cooking: (minimum internal temperatures)

Poultry-165°F
Ground or injected meats-155°F
Pork-145°F
Seafood/Fish-145°F
Beef roasts/steaks-145°F



Cooling:

- Separate into smaller portions and place on the top shelf of the walk-in, uncovered, in a well ventilated area. Monitor the temperature and cover only when cooled to 41°F or below.
- An ice bath or ice rod (hollow stirring rod containing ice) may be used also.

Reheating:

Foods that have been cooked and stored in the refrigerator should be reheated to 165°F quickly.

PREVENTING CROSS CONTAMINATION

Germs found in food products can be passed or cross contaminated to other foods if careful food storage and preparation techniques are not followed.

To prevent cross contamination:

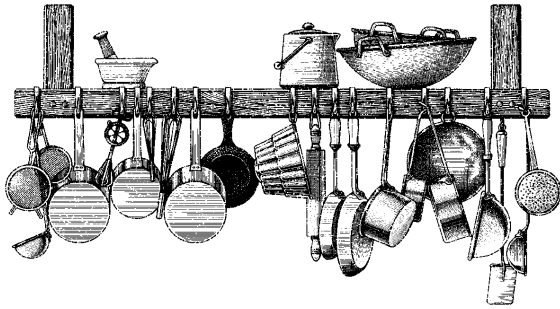
- Store raw meats and eggs on the bottom shelf, vegetables on the middle shelf and cooked foods on the top shelf in the refrigerator or freezer.
- Always sanitize utensils and other food contact surfaces when changing food products (i.e. meat cutters and cutting boards etc.).
- Wash hands between handling different food products.

FOOD PROTECTION

To protect foods:

- Check deliveries for temperature, quality, identity, container damage, insects and vehicle cleanliness.
- Use the first in/ first out rotation method (FIFO).
- Store all foods at least six inches off the floor.
- Maintain proper storage temperatures.
- Cover all foods when stored in the refrigerator or freezer.

SANITATION: Work areas and food contact surfaces should be cleaned and sanitized properly each time a change from one food product to another occurs. Also sanitize after each work shift and after long periods of inactivity.



Use **the wash-rinse-sanitize** method in a three compartment sink for utensils and cookware.

1st compartment- WASH

Hot water at 120° F and detergent

2nd compartment- RINSE

Hot clean water at 120° F

3rd compartment- SANITIZE

Lukewarm water at 75° F and chemical disinfectant for 1 minute then Air Dry.

Approved Chemical Sanitizers:

Chlorine 50-100ppm

Quaternary Ammonium 200ppm

Iodine 12.5-25ppm

Non-food contact surfaces may be sanitized with 100ppm of Chlorine.

NOTE: Use chemical test strips to verify concentrations.

Please ensure that there are:

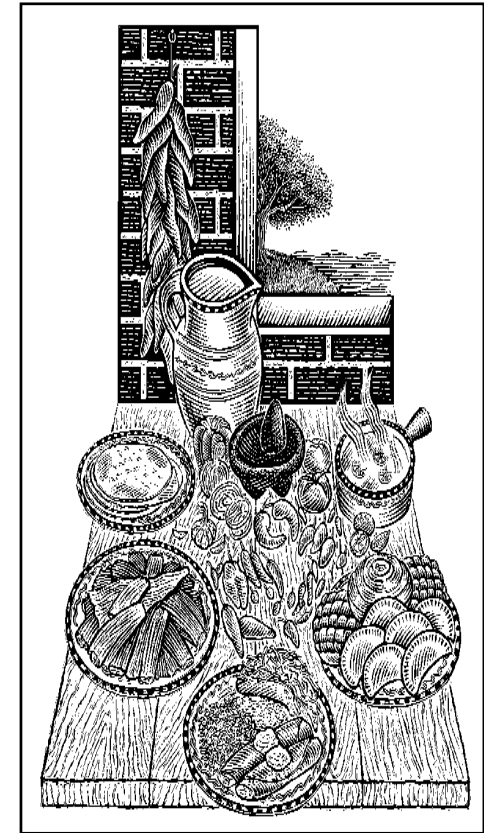
- No home-cooked or home-canned foods
- PHFs stored and maintained at proper temperatures
- No reuse of previously served food items
- No personnel with illness, an exposed cut or injury, or poor personal hygiene is working in food service areas
- Properly clean and sanitized utensils and work areas throughout the facility
- No insects or rodent infestation
- Toxic items properly labeled and used and stored away from food items
- Adequate, accessible, and functional hand washing facilities at all times.

Facility must close if...

- There is no hot or cold water coming out of the sinks
- There is sewage overflowing from the sanitary sewer in the facility
- There is no electrical or water service
- A Code Compliance, Consumer Health Specialist deems it necessary for public safety.



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CODE COMPLIANCE

FOOD SAFETY GUIDE

